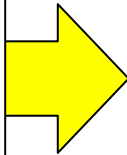


## **Virginia Volunteer Health System Helpful Tips!**

1. Go to [www.vamrc.org/vvhs](http://www.vamrc.org/vvhs)
2. If the password hasn't been reset since July 1, 2014, please reset your password:

Contact  
[swva.mrc@vdh.virginia.gov](mailto:swva.mrc@vdh.virginia.gov)  
for Original User Name



Please Sign In

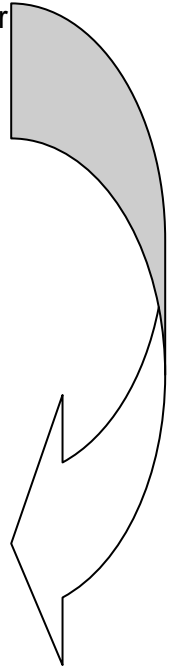
Username

Password

Sign in

**Forgot Your Password?**

Please do not register again if you are already a MRC volunteer and are experiencing difficulty with your username or password. Instead, contact your coordinator via [Contact Us](#).



3. Once password is reset, return to [www.vamrc.org/vvhs](http://www.vamrc.org/vvhs) and Log In
4. In the Volunteer Profile, please check accuracy of mailing address, phone numbers, work information, emergency contacts and licenses.

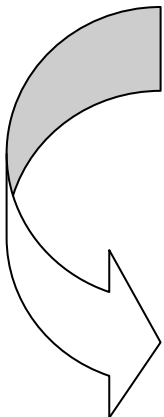
If you have a smart-phone and want to receive emergency alerts by text, acknowledge that you may incur additional charges:

Phone and Text Alerts [Edit](#)

The number entered below will be used for receiving phone and SMS text messages for emergencies, exercises and other important information. In addition to phone and SMS text messages, an email notification will be sent. Note: SMS charges may apply. See carrier details.

Phone Number	Phone Type	Messages
(276) (276)		

Acknowledgment that message and data rates may apply based on carrier and individual cell phone plans is not complete.



**Thank you for helping get your record up-to-date!!!**